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# Life Storeys

**LIFE IN THE HEARTLANDS**



PHOTO BY BILLY GOH

## **VIEW-TIFUL HOMES**

HDB developments with views worth coming home to

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ISSUE 34 Oct 2022

## Dear Readers,

With the easing of COVID-19 measures in Singapore, we hope you are enjoying the gradual return to normalcy.

In this issue, we show you around HDB developments that boast amazing views in **Talk of the Town**. Check out the story to explore the sights that residents in these areas enjoy on a daily basis.

Yishun town may not have world-famous landmarks, but this constantly evolving northern town hosts numerous fun and exciting spots worth making a trip for. Find out more about these interesting places and the array of delicious food options within the estate in **Around the Block**.

The home is the most common place for accidents to happen. A Nurse Clinician from Outram Community Hospital offers handy tips on treating minor injuries in **Our Life Stories**. Also featured in this section are important information on the proper disposal methods for both everyday trash and bulky items. In addition, we have onboard local singer-songwriter Tim De Cotta to share about his post-pandemic comeback and anecdotes of his everyday life in his neighbourhood.

To further improve connectivity and encourage greener modes of commute, the cycling paths in Punggol and Sengkang are undergoing expansion. At the same time, new measures are being introduced to enhance the safety of pedestrians and riders. Read about them in **Livin' It Up**. In view of World Diabetes Day in November, we recommend some lifestyle and dietary modifications for people with the condition to continue living well and staying active.

We hope you enjoy reading this issue of *Life Storeys*.



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# VIEW-TIFUL

## Homès

FROM THE SERENITY OF AN URBAN OASIS TO THE RESORT-LIKE VIBES OF WATERFRONT LIVING, THESE HDB DEVELOPMENTS CREATE THE PERFECT SETTING FOR A HOME OF YOUR DREAMS.



PHOTO: BILLY GOH

If you are a resident in one of these HDB blocks, it is a treat to come home to these amazing views every day. For everyone else, one can also enjoy capturing the views from the common areas accessible to the public.

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### The River Vista @ Kallang

Set along the confluence of Kallang River and Sungei Whampoa, The River Vista @ Kallang is one of the waterfront HDB developments in the area. Residents can go for leisurely evening walks along the river's edge and enjoy hearty conversations while soaking up the view.

The development is decked in abundant greenery all around. Residents can access green spaces like Bishan-Ang Mo Kio Park via park connectors, which run alongside the development.

Well connected to most parts of Singapore by public transport with plenty of food options nearby, waterfront living has never been more convenient!



PHOTO: BILLY GOH

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### SkyResidence @ Dawson

Former residents of the old Queenstown Town Centre may appreciate a trip down memory lane at SkyResidence @ Dawson. Situated between Commonwealth Avenue and Margaret Drive, the heart of Singapore's first satellite town features a cluster of sky-high blocks interspersed with familiar landmarks, such as the iconic Queenstown Library and the former Commonwealth Avenue wet market.

The unexpected surprise that this development yields has to be the view. From the higher floors of various blocks, you will be treated to breathtaking greeneries and cityscape views towards the north, and a glorious sea view beyond the container cranes at Pasir Panjang Port towards the south. This vista would not have been visible from the former blocks that were up to 18 storeys tall.

SkyResidence @ Dawson is designed with a central public space and sky terraces connecting all blocks to bring residents closer together. You can access the sky terraces for beautiful views of the surrounding area.

### Alkaff Oasis

Located at the junction of Bidadari Park Drive and Alkaff Crescent, Alkaff Oasis is an urban oasis where one can immerse in a green and relaxed environment. Verdant greenery stretches all the way across the car park rooftop garden, which forms the focal point of the development. Designed to connect nature to people, the green centrepiece links all the blocks together, and features a number of playgrounds, fitness areas and landscaping. The rooftop garden bridges over the social spaces at the ground level, providing residents easier access to facilities such as the childcare centre and amenities in the adjacent Common Green. It is an idyllic setting where residents of all ages can relax, keep fit and interact with one another.

Nature lovers can stroll along the Bidadari Greenway to the new 10-hectare Bidadari Park, the green lung of the estate, where they can look forward to exploring the area's rich biodiversity. The park houses playgrounds, experiential trails, viewing sheds as well as the new Alkaff Lake.



PHOTO: BILLY GOH

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### Waterfront I & II @ Northshore

Planned years ago as part of the Government's vision of building 'a waterfront town of the 21<sup>st</sup> century', Punggol today has become nearly synonymous with waterfront living. Waterfront I & II @ Northshore are among the latest Build-to-Order (BTO) projects that have taken seafront living to a whole new level.

The blocks, which are thoughtfully designed to maximise sea views, offer communal spaces such as roof gardens at various levels for relaxation and social interaction. A network of second-storey linkages connects residents seamlessly from their blocks to the various social communal facilities, Northshore Plaza I & II, and the nearby Samudera LRT station.

Besides its proximity to the sea, the buildings also feature pockets of lush greenery at the central precinct gardens and common greens with 3Gen playgrounds, as well as at the roof gardens. With a coastal park connector that runs parallel to the length of these developments all the way to Coney Island, it's a haven for outdoor enthusiasts.

### Waterway Sunrise I

Nestled between Serangoon Reservoir and the eastern end of My Waterway@Punggol, Waterway Sunrise I is among the first block of flats in this area to experience wonderful sights of the sun's first rays every day.

My Waterway@Punggol is designed to embrace the area's rich coastal heritage, and creates more opportunities for waterfront housing as well as water-based recreational activities in Punggol. The waterway also features a floating wetlands system that was engineered to intensify greenery on the water surface while cleansing the water and improving biodiversity.

The epitome of how nature can thrive alongside a vibrant living environment, Waterway Sunrise I offers residents the opportunity to immerse in nature when they go for their morning or evening walks along the waterway.



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# DISCOVERING YISHUN IN A *Different Light*

**THE ESTATE MAY NOT BOAST TOWERING SKYSCRAPERS OR WORLD-FAMOUS LANDMARKS, BUT IT IS HOME TO FUN AND EXCITING SPOTS WORTH MAKING A TRIP FOR.**

Formerly known as Nee Soon, Yishun is a residential estate located in the northern part of our island. It may be unbeknownst to those living in other parts of Singapore that Yishun was named as the first dementia-friendly town in 2016. Also, did you know that the first Golden Village cinema opened here back in 1992?

Just like these nuggets of information, here are some interesting places in Yishun waiting to be explored:

## **Yishun Dam**

**Yishun Avenue 1, Singapore 769130**

Besides its practical function to separate the fresh water of Lower Seletar Reservoir from the salt water in Johore Strait, Yishun Dam doubles as a spacious and scenic spot popular among cyclists, hikers and picnic lovers.

Due to its proximity to Seletar Airport, you can catch sight of planes taking off and landing here. Offering an unobstructed vista of the sky and waters, it is also the perfect location to get a beautiful view of the sunset. Bring along some food and drinks for a relaxing picnic along the sides of the dam — but remember to clean up after having fun!

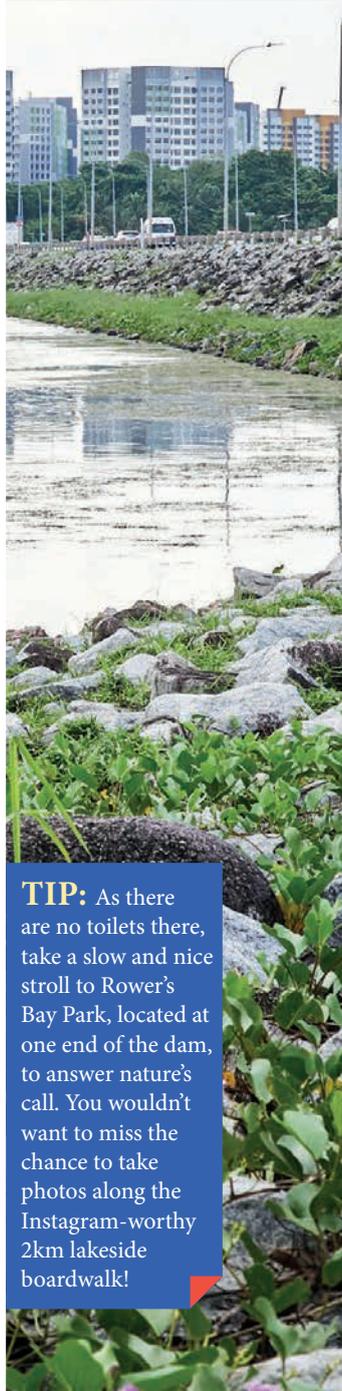
## **Lower Seletar Water Sports Centre**

**100 Yishun Avenue 1, Singapore 769140**

If you are a water sports enthusiast or simply looking for an activity to do with your family and friends, you may want to check out Lower Seletar Water Sports Centre (LSWSC). Opened in October 2020, this facility is located in the heart of Lower Seletar Reservoir Park and a 15-minute walk from Khatib MRT station.

Apart from a good workout on the kayak, you can also spot some common wildlife, such as White-bellied Sea Eagle, Collared Kingfisher, Peacock Bass and Golden Apple Snail. The LSWSC also offers the latest high-performance dragon boats, which are available for rent by dragon boat teams.

Yishun Dam



**TIP:** As there are no toilets there, take a slow and nice stroll to Rower's Bay Park, located at one end of the dam, to answer nature's call. You wouldn't want to miss the chance to take photos along the Instagram-worthy 2km lakeside boardwalk!

Lower Seletar Water Sports Centre



**TIP:** Secure a slot by booking on LSWSC's website! While visitors can choose from single and double kayaks, note that the minimum age to ride is 13 years old and the maximum weight limit per person is 100kg.

Oasis Waterpark @ Nee Soon East



**TIP:** Oasis Waterpark @ Nee Soon East is open from 9am to 7.30pm daily. Admission is free and no bookings are required. Shower and nursing rooms are also available for washing up.

Yishun Park Hawker Centre



**TIP:** For those living and working nearby, Yishun Park Hawker Centre has resumed and expanded its free lunch shuttle service! The Seletar Route is available every Monday, Wednesday and Friday, while the Yishun Route is available every Tuesday and Thursday.

### Oasis Waterpark @ Nee Soon East

**Block 307, Yishun Ring Road, Singapore 760307**

You don't have to pay to enjoy a splashing good time! Nestled among HDB blocks and located next to a multi-storey car park, Oasis Waterpark @ Nee Soon East is a big water park that is divided into three main zones. Its features include water sprays, buckets and jets, a shallow pool with little installations such as water wheels, pipes that emit mist to create 'clouds', and a pirate ship-themed slide.

Other than the water play area, the facility also has a section with life-size board games like snakes and ladders, chess and Ludo, as well as hopscotch markings on the ground. Furthermore, there are sheltered rest areas and umbrella deck chairs, where parents can rest their feet while keeping an eye on their children.

### Yishun Park Hawker Centre

**51 Yishun Avenue 11, Singapore 768867**

At the junction of Yishun Ring Road and Yishun Avenue 11 sits Yishun Park Hawker Centre, an open-air food court with 43 stalls serving a variety of traditional and fusion cuisine. Designed to attract the younger generation, this 800-seat hawker centre is equipped with modern innovations, such as a cashless payment system and automatic tray-return stations. It was also recently voted by Mediagroup Class 95 listeners as "The Cleanest Hawker Centre"!

On Sundays, family-friendly programmes are held at the event plaza. Young children can take part in activities like face painting, bubble and water play, arts and crafts, and sensory play. With two levels of parking available, it makes for a great weekend hangout!

# AN **UNEXPECTED** TREASURE TROVE:

## Yishun

**IT'S TIME TO REDISCOVER THE GEMS IN THIS  
CONSTANTLY EVOLVING NORTHERN TOWN!**

The best food in Singapore isn't always found in the central or eastern region. In fact, Yishun residents should watch their waistlines — thanks to the numerous delicious food options in this estate.

### **Slow Bakes**

**30A Yishun Central 1,  
Singapore 768796**

Right next to Khoo Teck Puat Hospital and Yishun Pond sits Tzu Chi Humanistic Youth Centre, which occupies the former site of Yishun Polyclinic. Lucky for residents around the estate, a quaint bakery-cafe called Slow Bakes has opened here in recent

times, and is gaining traction for its tranquil ambience and tasty offerings.

Established by the folks behind Real Food, a vegetarian cafe and grocer chain, Slow Bakes' menu comprises various vegan-friendly options and bakes that are handmade daily. Some crowd favourites include Cinnamon Roll, Cherry Tomato Cheese bun, and toast with choice of spread. For the toast, you can choose from a range of breads such as Pumpkin, Matcha, and Turmeric and Sweet Potato Swirl; as for the spreads, you can take your pick from Old-school Kaya, Unsweetened Peanut Butter, and more.





### Yishun 925 Chicken Rice

**Block 925, Yishun Central 1, #01-249, Singapore 760925**

After more than two decades in business, Yishun 925 Chicken Rice now has seven outlets islandwide, but it is often the original stall at Yishun Central 1 that garners the largest crowd.

A must-order here is its steamed chicken — each plate comes with succulent chicken meat doused with light soy sauce and sesame oil, cucumber slices, and *acar* (Nyonya pickled vegetables). True foodies will have you know that

the essence of this national dish is in its rice. Cooked with chicken stock, the rice served at Yishun 925 is so aromatic and savoury that you would ask for seconds.

### 928 Yishun Laksa

**Block 928, Yishun Central 1, #01-155, Singapore 760928**

Touted as one of the best *laksas* in the north, 928 Yishun Laksa — a name given by its loyal following as the shop does not have an actual signboard — is often seen with snaking queues, even during non-peak hours. Located under an unassuming HDB block, the stall is run by the same family and has consistently served up quality food for the past 20 years.

Each bowl of *laksa* comes with noodles of your choice, and topped with fresh ingredients such as fishcakes, crab sticks, *tau pok* (deep-fried bean curd pouch) and boiled egg. You can also top up a small fee to add cockles for extra savouriness. The thick, creamy gravy is cooked daily, and is best paired with a dollop of their tangy homemade *sambal* chilli. The plethora of flavours and textures work brilliantly together; it's little wonder that people keep coming back for more.

### Chong Pang City

**Blocks 101-106, Yishun Avenue 5, Singapore 760101-760106**

A well-loved neighbourhood centre

for more than 40 years, Chong Pang City is currently undergoing rejuvenation, where facilities such as a community club, swimming pools, a fitness studio and commercial space will be housed in a new integrated development. Chong Pang Market and Food Centre, famous for its line-up of yummy hawker fare, will also be relocated to the new building once it is ready.

Aside from food options, there are also a myriad of enrichment and tuition centres for the young ones living in this area. Notably, Melodious Piano Studio has received many positive reviews for its piano lessons that are designed to ignite children's passion in playing the instrument and to learn effectively. Students are given opportunities to perform in casual and formal settings, which serve to recognise their efforts and build confidence.



### Moin Moin Gelato

**Block 930, Yishun Central 1, #01-125, Singapore 760930**

Two blocks away from 928 Yishun Laksa is a cafe called Moin Moin Gelato ('moin' means 'hello' in German) with a trendy interior. Here, you can find both classic and unique gelato flavours, such as Pistachio, Osmanthus Lychee and Salted Caramel, which are all handcrafted in small batches by an in-house chef.

We recommend pairing the gelato with freshly made waffles for a wholesome treat. Bakes like brownies and chocolate cake, and beverages such as ice brewed tea and milkshake are also available. And the good news for residents around the area? The cafe opens till 12am on Fridays, Saturdays and Sundays — perfect for days when you have a sugar craving but don't want to travel too far!



# DON'T *Panic!*

## PICK UP THESE HANDY TIPS ON TREATING MINOR INJURIES AT HOME BEFORE SEEING A DOCTOR.

The home is the most common place for accidents to happen. Often, injuries caused by such incidents are minor and can be treated at home. Nurse Clinician Wong Vern Tym from Outram Community Hospital shares basic first aid knowledge on how to handle minor injuries, such as cuts, burns and sprains.

Her first tip? Always stay calm and composed!



### Scalds and burns

- 1 Remove items near the site of the injury, such as jewellery. However, do not remove if the item is stuck to the skin.
- 2 Run the injured area under running tap water for 10 to 20 minutes. Do not use ice or iced water.
- 3 Dry wet areas around the injury with a clean cloth.
- 4 Do not apply topical applications that are not prescribed by a doctor, such as toothpaste, on the injury.
- 5 Do not burst any blisters that form.
- 6 Loosely cover the injured area with non-stick dressing or clean cling wrap.
- 7 Consult a doctor if redness or pain persists for more than a few hours.

#### Visit a doctor immediately if:

- The injured area is on the hands, head or genitals; has brown, black or white patches.
- The injury is an electrical or chemical burn.
- You experience breathing difficulties.
- You do not feel pain in the injured area.
- You have underlying medical conditions.

### Cuts

- 1 Wash the injured area with soap and water to remove any debris.
- 2 Dab dry the injured area with a clean cloth; avoid using fibrous items such as tissue paper.
- 3 Cover the injured area with a clean cloth and apply pressure for five minutes. Continue pressure for another five minutes if bleeding persists.
- 4 Apply antiseptic medication on the cut before covering with an adhesive bandage or non-stick dressing.

#### Visit a doctor immediately if:

- Bleeding continues after a second application of pressure.
- You did not have a tetanus shot in the last five years.
- Bones, muscles or fat can be seen from the cut.
- Redness worsens around the cut.
- You develop a fever or numbness around the injury.
- You have underlying medical conditions.

## Sprains



- 1 Ice the sprained area for 20 minutes for up to every three hours.
- 2 Bandage the sprained area to keep it immobilised and supported. Do not wrap too tightly.
- 3 Elevate the sprained area whenever possible, such as resting it on a pillow.

### Visit a doctor immediately if:

- You develop a fever.
- The redness and swelling are not subsiding.
- The sprained area is cool to the touch, even when no ice pack has been applied.
- You experience numbness or sharp pain on the sprained area.
- You are unable to stand or walk.



## Bruises



- 1 Place an ice pack to the affected area immediately.
- 2 Apply a warm compress.
- 3 Elevate the bruised area.

- 4 Wrap the bruised area with a bandage.
- 5 Apply bruise relief creams, which are available over-the-counter at retail pharmacies.



## Falls

If you are unable to move or put weight on the affected area after a fall, or if there is broken skin and persistent pain, please seek immediate medical attention.



## WHAT'S IN A FIRST AID KIT?

Here is a checklist of essential items in a first-aid kit, which everyone should keep in their homes:



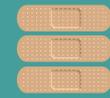
Non-stick sterile dressing



Antiseptic ointment



Scissors



Band aids



Sterile cotton gauze



Crepe bandage

## DID YOU KNOW?



An automated external defibrillator (AED) is a lightweight, portable medical device that delivers an electrical shock through the chest to the heart. It can treat life-threatening and irregular heart rhythms during a cardiac arrest, and help the heart to re-establish an effective rhythm.

You can find one AED at the lift lobby of every two HDB blocks islandwide. To locate the nearest available AED, download the myResponder app to see the live map.



**SPRUCING UP THE HOME IS AN EXCITING TIME FOR HOMEOWNERS. HOWEVER, THERE ARE BOUND TO BE RENOVATION DEBRIS, AND UNWANTED CARDBOARDS, STYROFOAM OR OLD FURNITURE TO BE DISCARDED WITH EVERY RENOVATION PROJECT. TO UPKEEP A PLEASANT LIVING ENVIRONMENT FOR EVERYONE, HOMEOWNERS SHOULD ENSURE THE PROPER DISPOSAL OF WASTE, BOTH LARGE AND SMALL!**

### **BEFORE RENOVATION**

#### **Awaken the Marie Kondo in you**

Make space for new and good things in life! Clear out old and unused items periodically. Do not leave bulky items in common areas, as they obstruct walkways (especially for pram and mobility-aid users), block emergency escape routes, and are potential fire hazards.

#### **What to do with bulky items?**

If you have bulky household items and old furniture, such as bed frames and sofas, to discard, contact your Town Council to arrange for collection and disposal. This service is free for up to three bulky items per month (please check with your Town Council for more details).

### **DURING RENOVATION**

#### **Keep noise levels down**

Renovation works can be loud and disturbing, so it is important to spare a thought for your neighbours, especially those who may be studying or working from home. As a rule of thumb, noisy renovation works (such as hacking of walls and heavy drilling) can only be done from 9am to 5pm from Monday to Friday, excluding public holidays and eve of major public holidays (such as New Year's Day, Chinese New Year, Deepavali, Hari Raya Puasa and Christmas Day).

For renovation tips and guides, visit <https://go.gov.sg/hdb-mnh-reno-vate-your-flat> to find out more!

#### **What to do with renovation debris?**

For any renovation debris, ensure that your renovation contractor disposes of them appropriately at a National Environment Agency (NEA)-approved site.



#### **SPOT IT? REPORT IT!**

If you see items being indiscriminately discarded in common areas, you can report it via the Municipal Services Office's OneService app. Note that Town Councils can take action against errant parties for illegal dumping.



## AFTER RENOVATION

### A fresh beginning

With the completion of renovation works, it is time to move in! As you begin life in your newly renovated home, disposing of waste is part and parcel of daily living. While most people throw out garbage at the common rubbish chute every day, it is important to be aware of the items that should not be discarded down the chute.

### How to use the chute system correctly

Using the chute incorrectly can cause the system to choke, which leads to sanitary and pest issues, and can even cause it to break down. When the chute is obstructed, it can pose a danger to maintenance staff clearing the blocked systems.

A simple way to use the chute system appropriately is to ensure that garbage bags are smaller than the hopper opening. The following items should not be discarded into the refuse chutes:

- Long objects, such as brooms and bamboo poles
- Semi-bulky items, such as cardboard boxes
- Heavy items, such as ovens and potted plants
- Renovation debris, such as tiles
- Flammable items, such as kerosene
- Burning objects, such as lit candles

When in doubt, please contact your Town Council to enquire on the appropriate ways to dispose of these items.

### Have you heard of the Pneumatic Waste Conveyance System (PWCS)?

The PWCS is an automated waste collection system that uses a vacuum-type underground pipe network, which automatically gathers household waste and does away with the manual method of collection from individual blocks. Whether your estate is equipped with PWCS or not, it is important to adhere to the abovementioned guidelines on how to use the chute correctly.

### Some benefits of PWCS

- A more hygienic environment, as odours are eliminated and spillage reduced
- Eco-friendlier
- Reduces pest infestation
- Waste decomposition is minimised

### Dos and Don'ts of using the chute

#### How does the PWCS work?

1 Garbage disposed into chute

3 Deposited into a centralised bin centre to be collected by truck

2 Transported through underground pipes



# Striking A CHORD

SET BACK BUT UNDEFEATED BY THE PANDEMIC,  
LOCAL SINGER-SONGWRITER TIM DE COTTA  
DRAWS INSPIRATION FROM HIS WIFE, LIFE AND  
HOME FOR HIS UPCOMING NEW MUSIC.

“The warm  
welcome from our  
neighbours made  
us feel so blessed  
and really helped  
us settle into our  
new home.”





Photo: Tim De Cotta and Henry David

of it when we visited the spacious and tastefully decorated unit for this photo shoot.

**What are you currently working on?**

I will be releasing my second full-length album titled *Heart Matter* on 5 November! I've written plenty of music during the last two years and have been recording the album bit by bit, with funding from the National Arts Council. The upcoming album is a departure from the more serious themes in my debut album *The Warrior*; the new songs are focused on matters of the heart and a work of love.

**The gig industry has been hard-hit by the COVID-19 pandemic. How did you overcome the challenging times?**

No doubt, it was a hard two years, and in some ways, it still is challenging. I was lucky to have a good run in 2018 and 2019, and the savings I accumulated from then helped tide me through the pandemic. Frankly, there were times when I was worried about where the next cheque would come from. However, I was fortunate to have jobs in other mediums come my way.

Nevertheless, the pandemic gave me abundant time to hone my craft as a music and audio producer. Despite the tough times, I am truly grateful for everything I have. As things are gradually returning to 'normal', I'm looking forward to pitching for bigger-scale jobs, and regaining the momentum from the 2018-2019 season in the next two to three years — hopefully!

**What do you like most about your neighbourhood?**

I love the area we live in. It's not in the heart of the estate, but still just a 10-minute walk to Hougang Central and the MRT station. My block is

right across the park connector, so we have a lovely view of the greenery around the Serangoon River. The breeze we get when we open the windows is magnificent!

Food-wise, there are a few coffee shops around us that sell delicious fare like *bak chor mee* (minced meat noodles), *Hokkien mee* and *ayam penyet*. Also, we aren't far from Kovan and its stellar array of local cuisine.

**Do you get inspiration for your music from everyday living?**

Yes, I draw inspiration from everyday moments and time spent with my wife, especially so for my upcoming album. I also observe and listen to my surroundings. The sounds of the birds, the trees, the breeze, the sudden blasts of traffic and the neighbour-chatter are all sources of inspiration.

**To you, what is the best part about living in an HDB flat?**

I think the sense of community is something only HDB-living can give. When you live in an estate long enough, you get to know everyone a little bit better and your routine adapts itself to the area. After starting our married life together in Hougang, I have a stronger desire to make this neighbourhood my home, and potentially a haven and sanctuary for my own children to come.

**Do you have any memorable stories with your neighbours to share?**

When we first moved in, we had Chinese New Year dinners with our neighbours and hung out at each other's homes. Their children were always excited to see us at the void deck, where they were playing at, when we returned home. The warm welcome from our neighbours made us feel so blessed and really helped us settle into our new home.

From an aspiring artist to a singer-songwriter who commands attention from audiences at major music festivals, Tim De Cotta has been steeped in the music industry for more than 11 years.

Other than his roles as a performer and producer, Tim is also the founder of an events company called Warrior Productions, which has put together several national campaigns, including The Great Singapore Replay. The creative firm also participated in the launch of Disney+ in Singapore.

Having performed at large-scale events, such as Laneway Festival, Sing Jazz Festival and Neon Lights Festival, is something that Tim takes pride in. The multi-hyphenate has also gone on tours to Malaysia, Macau, France and India with the bands he plays in.

After tying the knot two years ago, Tim and his wife moved into a five-room flat at Hougang that is shaping up to become a home of their dreams. *Life Storeys* had a feel

# GREENER AND SAFER COMMUTES IN THE

# North-East

**BESIDES IMPROVING CONNECTIVITY, THE EXPANSION OF CYCLING PATHS IN PUNGGOL AND SENGKANG ALSO INVOLVES NEW MEASURES TO ENHANCE THE SAFETY OF PEDESTRIANS AND RIDERS.**

To promote the adoption of green modes of commuting such as cycling, Singapore will have around 1,300km of cycling paths islandwide by 2030 — a significant increase from the current 500km today — under the Islandwide Cycling Network (ICN) Programme. With this, all HDB towns will have cycling path networks connecting commuters from their homes to MRT stations, bus interchanges, and nearby shopping malls and schools.

As Singapore's first eco-town, Punggol boasts several eco-friendly features, including a comprehensive cycling network. In 2016, the Land Transport Authority (LTA) completed 8.8km of cycling paths in the town. At present, there are 30km of cycling paths and park connectors in Punggol.

In recent times, Singaporeans have been encouraged to adopt eco-friendly lifestyles and go for clean commuting. The cycling paths help Punggol residents to do just that, offering a seamless journey from their blocks to nearby transport hubs and facilities, all while keeping the environment free of carbon emissions.

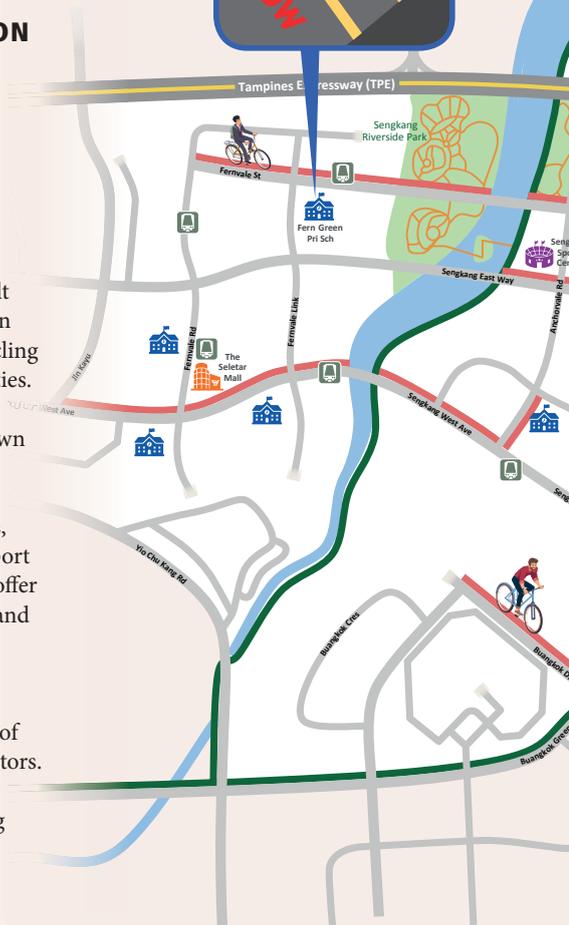
To further promote cycling as a go-to mode of transport, particularly for the first or last mile of their commutes, more bicycle parking racks have been installed in Punggol.

In 2021, LTA announced the upcoming expansion of the cycling network in Punggol by another 2km. Beyond this, more cycling paths will be built together with HDB's projects in Punggol North, enhancing cycling connectivity to various amenities.

Similarly, the neighbouring town of Sengkang enjoys a network of cycling paths that facilitates the residents' access to schools, shopping malls and key transport nodes. The cycling paths also offer a safer option for pedestrians and active mobility device users, such as food delivery riders.

Sengkang currently has 12km of cycling paths and park connectors. Like Punggol, Sengkang will be getting a boost to its cycling

'SLOW' markings are indicated on the pavement to remind path users to slow down around school areas, such as Fern Green Primary School



“I enjoy exploring new places with my bicycle. The cycling paths in Sengkang provide dedicated spaces for safer rides and allow me to get to Punggol from Sengkang easily. With the enhanced cycling path network in Sengkang and Punggol, I cycle over the weekend to keep fit, run errands, and connect with nature!”

– MR JEROME WONG, SENGKANG RESIDENT



Cycling paths in Punggol area



'Look' markings are visibly painted on the ground near schools, such as Oasis Primary School, to enhance pedestrian safety



'School Zone' markings are implemented on the footpaths near some schools, such as Mee Toh School

	Cycling path		Park connector
	MRT		LRT
	School		Mall
	Hospital		Sports centre

path network as part of the ICN Programme. When completed, most Punggol and Sengkang residents will be able to access the nearest cycling path within minutes of their homes.

Works are already underway. LTA is building cycling paths along Compassvale Road, with the construction scheduled for completion by the end of this year.

### Enhancing safety

Cycling paths are designed to provide a safe and convenient way of commuting. The paths are wider than footpaths, and come with visual cues, such as a distinctive red coating and clear path markings, to demarcate boundaries. For better visibility at night, lights are installed along cycling paths.

Where cycling paths reach key intersections such as bus stops, traffic light junctions and exit points of residential developments, additional safety features such as speed-regulating strips and safety markings are in place to remind and slow down cyclists. Where space permits, cycling paths are routed behind bus stops to segregate path users from bus commuters.

# LIVING WELL WITH *Diabetes*

**WORLD DIABETES DAY FALLS ON 14 NOVEMBER EVERY YEAR. DID YOU KNOW THAT ONE IN THREE PEOPLE IN SINGAPORE IS AT RISK OF DEVELOPING DIABETES IN THEIR LIFETIME?**

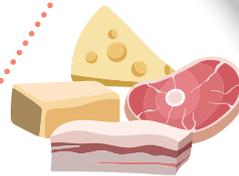
Diabetes is a chronic health condition that arises when the body does not make enough insulin to control the amount of blood sugar that stays in the bloodstream. Without proper management, diabetes could lead to serious health problems, such as heart disease, vision loss and kidney disease.

If you have been diagnosed with diabetes, take action to manage your condition. Other than insulin injections and oral medications, diabetes can be kept under control with adjustments to your diet and lifestyle. These everyday changes can help people with diabetes lead long, active lives free from serious complications.

Keep to a consistent amount of carbohydrates or starchy foods at each meal



Avoid snacks and limit alcohol consumption



Cut down on fat intake, especially saturated fat



Try new foods

**Watch your diet**

Switch to whole grains and fibre-rich foods to slow down the rate at which sugar is released into the bloodstream. These foods also keep you full and improve bowel function

Do not skip meals. Instead, eat small, regular meals



so that you get all the nutrition you need and avoid fluctuations in your blood sugar level

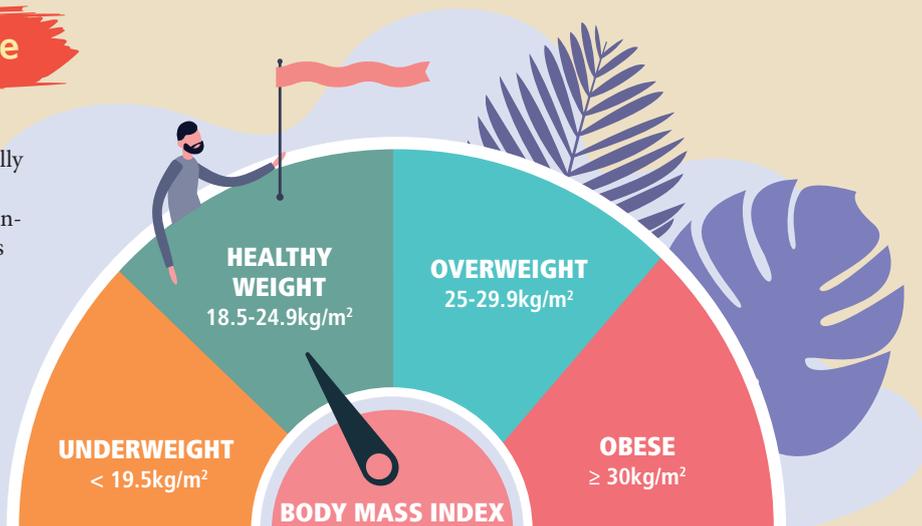


Include 2 servings of fruit and vegetables each daily



## Stay active

Maintain a healthy weight. This is especially helpful when it comes to Type 2 diabetes (non-insulin-dependent), as extra body fat hinders the body's production and use of insulin.



Go for brisk walks or engage in other moderate-intensity physical activities for 30 minutes every day or at least most days a week. This can help the body use insulin better and reduce the risk of heart disease.



## You are not alone



Living with these changes to your diet and lifestyle may leave you feeling overwhelmed on some days. An important part of living with diabetes is to involve your loved ones in your journey and to build a support system. You can also consider joining support groups, where you can share your experiences in a safe and comfortable environment.

A friendly neighbourhood begins with me...



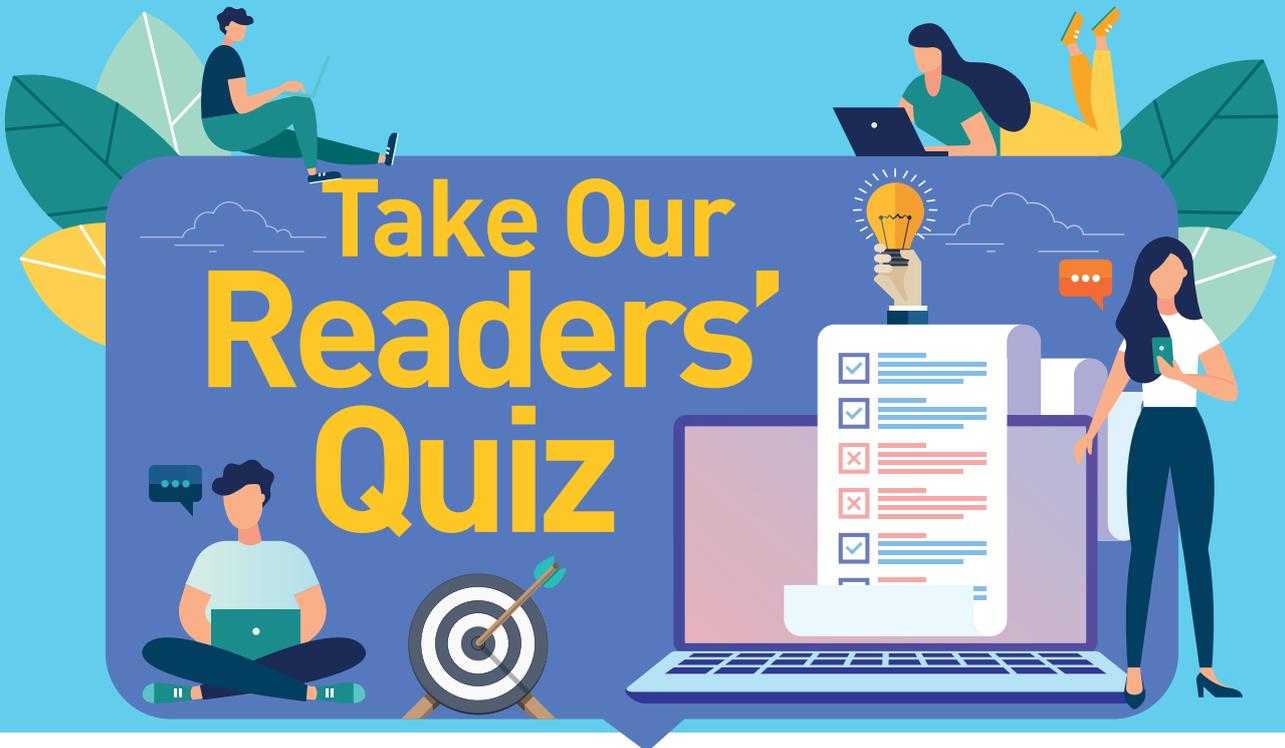
**BE PART OF  
THE SOLUTION,  
NOT PART OF  
THE POLLUTION**

Keep shared spaces clean, be a responsible neighbour!

Here are your suggestions for how we can all be good neighbours!

This tagline was adapted from 141 public entries, during the HDB Community Week 2022 that took place from 28 May to 5 June 2022.

# Take Our Readers' Quiz



Answer some questions and stand to win shopping vouchers!

Log on to <https://go.gov.sg/hdb-lifestoreys> for the questions and submit your answers.